

GUIDELINES FOR ENERGY DIAGNOSIS II

DETAILS AND FINAL INTEGRATION

To perceive reality through vibrational resonance rather than concepts.

General aspects for diagnosing the aura and chakras, and concepts and elements of graphic representation

1. Texture

Each texture has a specific quality and vibrational frequency, facilitating the decoding of energy in an image or drawing. For example, a rough, coarse, smooth, or grainy material conveys different information about the energy perceived.

Texture is a fundamental sensory element in human experience and helps us perceive depth, temperature, size, etc. Some examples of textures include: paper, smoke, plastic, copper, wood, iron, metal, gelatine, liquid, porous, compact, stone, earth, fire, woven, scales, cold skin, electrical, misty, spiny, soft, feathery, glass, vegetal, muddy, smooth, sharp, etc.

2. Shape, movement and temperature

Energies can take on different shapes, movements and temperatures. Form is important in perception because it provides specific characteristics such as angles, spirals, outward or inward movements.

Temperature is perceived by the accumulation or lack of energy.

Temperature is the transfer of heat caused by the agitation of molecules that increase vibration and thus transmit energy.

Cold is the absence or reduction of heat, lack of energy and movement, and causes rigidity, hardness and morbidity.

3. Colour

Colours are representations of perceived qualities and bring aspects and characteristics associated with images.

To simplify the decoding of energy diagnoses in the ZRSOC, a generic colour pattern has been created to serve as a reference. You will find it at the end of this document.



I. DETAILS OF THE AURA ENERGY DIAGNOSIS

Complementary perceptions

1. Initial attunement – First perception

When we begin tuning into a diagnosis, we often get a first general perception of the person: it may be an image, a smell, a sound, a phrase, a colour, a shape or a movement.

Record this first energy you pick up in a drawing or in writing.

Sometimes, the initial attunement can be difficult, as it may indicate your own difficulty, or that the person is protecting themselves with some kind of barrier.

In either case, be aware of this and repeat the Alchemical Alignment and energetic attuning as often as needed.

2. Layers

Auras can have different layers that serve as protection, separation, isolation, polarisation, etc.

It is important to identify the characteristics of each layer: its shape, texture, size, location, thickness, etc.

In a more accurate diagnosis, they can reveal hidden and unconscious aspects with content that has not yet been expressed.

Each layer has specific frequencies and qualities.

The decoding/meaning varies according to its vibrational frequency.

There may be many layers: one inside the other, each with different characteristics and meanings.

They can be closed, encapsulated, semi-closed, partial, distributed at various points in the aura, vertically or horizontally.

Some examples of layer representations: stone wall, glass wall, iron arch, wooden door, iron armour, plastic dome, etc.

3. Adhesions – Blockages – Cuts

Adhesions: These are substances that adhere to the body, causing tension and preventing the free flow of energy.

They are formed through repetitive patterns at the mental or emotional level.

The energies that become condensed and densified end up adhering to specific areas of the body and thus begin to be part of the person's energy structure, attaching themselves to the etheric and physical bodies.

They can have different textures and densities.

Blockages: These are masses of condensed matter that prevent the passage of energy to certain areas or organs of the body, devitalising them and potentially causing dysfunctions and illnesses.

They can also have their own shape, texture and composition.



Cuts: These are interruptions in the total passage of energy flow. They are usually formed by rigid plates and divide the etheric-physical structure into parts that are disconnected from each other.

4. Strings – Chains

Strings and chains are dense energy structures that prevent the free flow of energy.

Strings: These are dense connections of different shapes, densities and textures. They can change, drain, or suck energy. And they are usually the result of emotional dependencies, deficiencies, attachments and guilt.

Chains: These are much denser connections than cords because they imprison the person. They are the result of deeply rooted beliefs and dogmas: excessive control, mental rigidity, manipulation, and seduction for personal gain. They can also indicate that the person is under the influence of an external energy, perhaps another person, etc. Identification depends on texture, shape, density, and specific purpose.

Other important factors:

It is a matter of observing and assessing the level of grounding (3rd D), the opening of the Heart (7th D), and the opening of the Crown (10th D) of the person.

1. Grounding

Reveals how a person is in touch with their physical reality: their presence in the body, their manifestation and performance in the world by applying their abilities and talents. Grounding qualities: confidence, stability, vitality, strength and action.

2. Heart opening

An extremely important aspect to observe in a diagnosis. This is a sensitive and vulnerable area that is commonly protected by other shapes or textures and isolated by doors, plates, bars, boxes, etc.

It reveals the degree of openness to life and contact with one's own sensitivity and depth.

3. Crown Opening

This reveals the degree of spiritual connection, contact with the Divine Presence and with higher energies.

It can be open, blocked (partially or totally), with distortions or energetic interference (internal or external), etc.

These interferences can be seen as structures, shapes, hats, filters, veils or many others.



II. DETAILS OF THE ENERGY DIAGNOSIS OF THE CHAKRAS

Complementary perceptions

We normally tune into the chakras in order from 1 to 7, because a perception of one chakra may arise with more energy and, from this, the other chakras. The reason is simple: the chakra in question determines the energies of the others. There may not be a direct relationship, but that energy may be the one most used by the person, whether it is manifested or absorbed, i.e., anger, fear or depression.

Each chakra has its own contents and dynamics. It is important to perceive and portray each chakra in isolation. Sometimes, we may perceive a single image for more than one chakra, so decoding must be done for each part.

To capture the corresponding energy of the chakra, sensitivity and feeling are the basis of perception. Immediately afterwards, we will decode the energy and its content, translating it into images, words, sensations, symbols, colours, textures, intensity, density and movements.

1. Chakra Tuning at the Physical Level

At this level, images reflect the reality of the three-dimensional world: objects, materials, nature with different meanings according to our contents.

Example: although the energy of 'being imprisoned' is the same, two different people will translate it differently. The same applies to the energy of freedom, loneliness, etc.

Asking ourselves questions will help us to deepen each perception in order to translate an image as faithfully as possible. For example, how can I draw loneliness? What is the primary sensation? Where is it located? What is around it? How heavy is the sensation? Is there oppression, constriction, isolation, abandonment or loss?

The answers obtained will help translate the energetic contents so that the image reflects the perception as a whole.

2. Tuning the Chakras at the Spiritual Level

Unlike the Physical Level, the symbols on the Spiritual Level are fixed and do not change.

Within these forms there is an energetic potential (quantum) to be explored. The symbols represent a vibration of the quality and maximum potential of that Being. They are the gifts and qualities that that Spirit carries with it.

When the entire diagnosis is integrated, it is important to observe to what extent the person is expressing the energetic potential (quantum) of this Spiritual Level on the physical and psycho-noetic levels.



3. Chakra Tuning at the Psycho-noetic Level

The chakras at the psycho-noetic level show how the person is actively engaged in their path of development.

Example: A person is seeking cleansing or purification. We may perceive images that show a movement or intention towards that inner search, but we may also perceive them as stagnation or regression, which would indicate that the person is not moving any energy towards their search or that they do not really have any intention of changing.

Why is it important to record the perception in a drawing?

a. When drawing a perceived image, the result will show the shape, colour, angle, shadows, intensity, softness and location accurately.

Example: We perceive the image of a house. I can represent this house as a hut at the foot of a mountain or on the edge of a precipice. Observing the surrounding landscape, whether it be rushing rivers or desert dunes, will give us a record of specific qualities and frequencies that translate the perception.

b. The records and decoding of perceived energies must always be neutral. We must observe whether our personal filters, interpretations and judgements are interfering.

c. Drawings of the aura and chakras should be done in isolation, so that they do not serve as a basis for each other. Both the aura and each level of the chakras must be tuned independently, as each level has specific qualities and frequencies.



PERCEPTION – DECODING COLOURS IN DIAGNOSES

BLACK	Absence of light. Very dense and condensed substances.
DARK GREY	High-density matter. Iron or lead with low luminosity.
LIGHT GREY	Predominant in the aura of an average person. Medium density. Mental energy: worry, agitation, control of thought forms.
DARK BROWN	Related to pain and emotional grief. Associated with the earth element, sometimes reflected in adhesions that infiltrate the subtle body. Similar to grey.
LIGHT BROWN	Mud, damp earth. Fertility. Laziness. Obsolete. Unpleasant. Greed. Distended attachments.
DULL GREEN	Dense, aged nature. Envy. Viscous, sticky matter. Adhesion. Falsehood. Jealousy.
GREEN	Different shades. Healing energy (purifying). More mental quality. Natural forces of healing and transformation.
VIOLET	Spirituality, creativity. Vanity, artificiality, fantasy, ambition, lust.
PINK	Sensitivity, lovingness, gentleness, emotionality, creativity, femininity, sweetness, generosity.
LIGHT PINK	May reflect an inability to express quality in the world through actions without roots. Weakness, immaturity, innocence, romanticism.
RED	High temperature. Contained, concentrated and stagnant area. Contained or expressed anger, intense movements, extreme agitation. Chaos. Obsessive thoughts.
DARK RED	Passion, sensual desires, compulsive sexuality.
RUBY	Compassion, devotion, loyalty, reverence, tenderness. Reflects warmth and lots of vital energy. Anger.
ORANGE	A mixture of the vitality of yellow and red. A feeling of physical and emotional vitality. Expressive and focused energy.
YELLOW GOLDEN	Mental energy. Generally, appears in the upper chakras, as the action of light on matter. Qualities = lucidity, optimism, joy, confidence, intelligence.
YELLOW + BROWN	Envy, jealousy, hypocrisy, irresponsibility, distrust.
BLUE	Mental quality, direction, clarity, openness and focus.
BLUE + GREY + BROWN	Coldness, detachment, isolation.
DARK BLUE	Confidence, sincerity, courage, strength, protection. Totality. Completeness. Broad vision. Introspection, meditative states and inner immersion.
LIGHT BLUE	A cold colour that can represent areas without energy or stagnation.
WHITE	Reflects purity, expansion, permeability, light, absence and uninhabited spaces. Contains all possibilities: harmony, peace and serenity.
SILVER WHITE	High-frequency matter. Reflects healing when applied to areas of trauma and wounds. Coldness, falseness. Can be represented by metal or a mirror.



FINAL INTEGRATION OF DIAGNOSES

I. PURPOSE

- To know and map the most expressive and important energy points.
- To gain knowledge of qualities and potentialities.
- To understand difficulties and limitations.
- Plan a helpful work and development strategy.
- Provide appropriate guidance.
- Support transformation and evolution.
- Important to bear in mind:
 - o Modulate the PFC.
 - o Activate all chakras.
 - o Maintain the frequency and perspective of the 7th Dimension.

II. INTEGRATION OF THE AURA ENERGY DIAGNOSIS

There are five main axes for a concise and objective reading:

1. Predominant energy.
2. General state of the aura.
3. Relevant energetic aspects.
4. Points of opening: crown, earth and heart (in order of importance).
5. Strengths and qualities | Weaknesses and limitations.

1 - Predominant energy

- The person's energy quality must be assessed according to:
 - o Their level of evolution.
 - o The degree of refinement of their PEBs.
- It is an energy that is always present.
- It indicates the person's energetic emphasis.
- How do we identify it?
 - o We look for what has the greatest intensity, whether it is high or low frequency energy.
 - o General density: high, regular or low.

2 – General state of the aura

- Perceptual observation of the energies that compose it.
- How do we identify it?
 - o We review the dynamics of the energy flow.
 - o We find out whether or not there is harmony in the energy distribution.
 - o We examine the quality of the most evident energies.



3 – Relevant energy aspects

To relate these aspects, we must emphasise location, intensity and dynamics.

- Which are the most important areas: abdomen, chest, around the head and feet?
- Consider the energy polarities (concentration or absence) of the aspects or structures. Include the location (right/left, up/down, front/back).
- Other relevant aspects: losses, energy cuts and other types of presences (whether they interfere or help).
- Examples:
 - o Empty spaces, intensity.

4 – Opening points: crown, heart, and earth

These indicate the level (high, medium, low, none) of:

- Connection with the Presence.
- Occupying the body.
- Connection with the energy of the earth.
- Enjoyment for vitality.
- Access to the power of the heart centre's energy.
 - o This access will only be possible if there is openness in the crown and grounding.
- The energy flow of the different bodies.
 - o Mainly the flow that runs through the spine.

5 – Strengths and qualities | Weaknesses and limitations

In the energy configuration and dynamics, the perception of strengths and weaknesses shows us:

- The points that require specific or special care.
- The potential that will support personal development work:
 - o Energies of strength, power, action and manifestation
 - o Sensitivity and positive openness.
- Examples:
 - o Potentialities: strength in the plexus, energy in the hands (for manifestation), expansion of the heart, powerful mind, etc.
 - o Weaknesses: emotional blockages in the abdominal area, lack of energy in the base chakra and legs, astral openings in the aura, densities around the head, etc.



III. INTEGRATION OF THE ENERGY DIAGNOSIS OF THE CHAKRAS

- This is done according to the level of reading and the issues relevant to each of them.
- From the integrated perspective of the 7th D.
- Always observing and analysing the drawings made, individually and as a whole.

1 – Integration of the Physical Level

Each chakra has its own content and dynamics, but only the overall view will translate the dynamics of energy use.

At the physical level, we observe:

- Amount of energy (a lot, a little, or none).
- Quality of that energy:
 - o Misuse/distortion or conscious use
 - o Example: A bomb in the third chakra has a lot of energy, but it is distorted and misused.
- Blockages and difficulties:
 - o More closed chakras, with condensed energy
 - o More open chakras, with more fluid energy.
- Very important: observe how the first three chakras are, as they show how the personality is managed on a physical, emotional and mental level (PEBs).

2 - Integration of the Spiritual Level

Here, all the chakras are "perfect" and represent the highest expression of the Self.

At this level, we mainly observe the following aspects:

- Greater potential for strength and quality.
- Greater potential for impact on the path of this incarnation.
- Consistency and matching symbols:
 - o Find a possible egregore ("group mind" or "collective consciousness") or a predominant spiritual lineage.
 - o Example: many Egyptian symbols in different chakras.
- To reach and decode this symbolic dimension without projections, a much more refined perception is required.

3 - Integration of the Psycho-noetic Level

We observe the following aspects:

- Level of movement or stagnation of each chakra (much, little or none)
- Quality and theme of that movement or stagnation.
 - o Example: cleansing, opening, planning, confusion, despair, etc.



IV. FINAL INTEGRATION

For final integration, we observe the following aspects:

1 - The potential at the Spiritual Level vs. the actual management of energies at the Physical Level:

If there is a huge gap between the two, we will identify the support and inspiration on the Spiritual Level to work on the Physical Level.

2 - The internal work being done on the Psycho-noetic Level vs. the possible materialisation on the Physical Level.

3 - The three levels together:

- The potential of the Spiritual Level,
- The inner work being done (or not) to achieve that potential, and
- The manifestation (or not) on the Physical Level.

4 - The psycho-noetic level is very important:

- It shows the level of integration of the qualities of the Spiritual Level.
- Integration must be maintained so that it is definitively incorporated into the Physical Level.

5 - Finally, create a strategy to work with that person, considering their:

- Difficult points and points to bear in mind
- Points of openness
- Priorities and areas of work: physical, emotional, mental, opening of the heart, opening of the crown chakra, etc.

6 - Important to keep in mind:

- All work always goes through the PEBs.
- We base our work on the diagnoses made and on a holistic and subtle perception/vision; not linear or psychological.
- Development of a work plan with specific activities and objectives.